

Social Media

October is Breast Cancer Awareness Month. You may be able to reduce your risk for breast cancer by taking care of your health. Check out this resource to learn more: <http://bit.ly/2Kz4b5q>

Regular mammograms are the best screenings doctors have to find breast cancer early. Learn about tips for getting a mammogram: <http://bit.ly/2Kquj26>

While you may not have control over all your risk factors for breast cancer, there are some you can control, like being physically active and limiting alcohol intake. Learn more from the CDC: <http://bit.ly/2KjaqL6>

Breast cancer may occur in men. A family history of breast cancer and other factors can increase a man's risk of breast cancer. Learn more <http://bit.ly/2IEkUil>

Staying physically active throughout your life is one way to reduce the risk of breast cancer. Here are some guidelines for integrating physical activity into your life at any age or stage: <http://bit.ly/2yJHITI>

While nobody can tell you exactly what your personal risk is for breast cancer, assessments can help you get informed and talk to your doctor about your personal history and risk factors: <http://bit.ly/2IFj8os>

In addition to the risk factors all women face, some risk factors can increase the likelihood of getting breast cancer at a young age. Learn more: <http://bit.ly/2MFA8uC>

This tool can help assess your personal risk level for breast and ovarian cancers. The more you know, the better you can help reduce your risk. <http://bit.ly/2N2aaNG>

Other than some kinds of skin cancer, breast cancer is the most common form of cancer in women in the US regardless of race or ethnicity. Learn more with the United States Cancer Statistics: <http://bit.ly/2N8cIuq>

In addition to the risk factors all women face, some risk factors can increase the likelihood of getting breast cancer at a young age. Learn more: <http://bit.ly/2MFA8uC>

Transgender women over the age of 50 who have undergone hormone replacement therapy for 5-10 years should talk to their healthcare provider about whether a mammogram is right for them. Learn more: <http://bit.ly/29A6KmF>

Providers: Are you looking for more resources to improve care for cancer survivors? Check out our National Cancer Survivorship Resource Center Toolkit: <http://bit.ly/NCSRCToolkitProviders>